



StayWell@Work™

Monthly Strides

Taking strides to better your health

May Issue Includes

- National Physical Fitness and Sports Month
- Asthma and Allergy Awareness Month
- National High Blood Pressure Month

National Physical Activity and Sports Month

All adults should participate in some physical activity, according to the President's Council on Fitness and Sports.

Adults should aim for at least 150 minutes of moderate-intensity physical activity each week. You can break that down into 30 minute sessions five days a week, or simply aim for being active at least 20 minutes or more every day.

For additional low-, moderate- and vigorous-intensity recommendations, log on to www.fitness.gov.

Also, visit StayWell Online at <https://delaware.online.staywell.com> and click on "Physical Activity" under "Health Centers" to learn more.



Asthma and Allergy Awareness Month

Asthma is a disease of the lungs in which the airways become blocked or narrowed causing breathing difficulty.

Allergies are diseases of the immune system that cause an overreaction to substances called "allergens." Allergies are grouped by the kind of trigger, time of year or where symptoms appear on the body. Some examples include *indoor* or *outdoor* allergies (also called "hay fever," "seasonal," "perennial" or "nasal" allergies), **food and drug** allergies, **latex** allergies, **insect** allergies, **skin** allergies and **eye** allergies. People who have allergies can live healthy and active lives.

Log on to www.aafa.org to learn more about ways to treat Asthma and Allergies and what you can do to live healthy with these conditions.

Visit StayWell Online at <https://delaware.online.staywell.com> and select "Asthma" under "Health Centers" or do a search of "Allergies" for more information.



National High Blood Pressure Month

High blood pressure is a serious condition that can lead to coronary heart disease, heart failure, stroke, kidney failure, and other health problems. Blood pressure is the force of blood pushing against the walls of the arteries as the heart pumps out blood. If this pressure rises and stays high over time, it can damage the body in many ways.

High blood pressure is dangerous because it often goes undetected. Make it your goal this month to get your blood pressure checked. For more information about high blood pressure, log on to www.nhlbi.nih.gov.